

Individual Best Times (All Time)

Lois Ross - (390051) - Strathclyde University Swimming - 100 Individual Medley - Short Course

Performance Graph

Drag to Zoom, right click to reset.

Swims in Time Order

Time	WA Pts	Round	Date	Meet	Venue	Club Swam Under	Level
1:13.18	460	F	19/03/17	Shetland Senior Sprint Championships 2017	Shetland	Shetland	2
1:13.30	458	F	03/06/18	Junior Inter County 2018	Pickaquoy Centre	Shetland	2
1:14.28	440	F	05/05/18	Shetland Junior Inter County Trials 2018	Clickimin	Shetland	2
1:14.33	439	F	06/05/17	Shetland Junior Inter County Trials	Lerwick	Shetland	2
1:18.20	377	F	20/03/16	Shetland Sprint Championships 2016	Clickimin	Shetland	2
1:18.92	367	F	22/03/15	Shetland Sprint Championships	Clickimin	Shetland	2
1:21.40	334	F	16/03/14	Shetland Sprint Championships	Lerwick	Shetland	2
1:24.42	299	F	26/10/13	Alford Otters 4th 100 Meet	Westhill	Shetland	2
1:27.18	272	F	17/03/13	Shetland Senior Sprints	Clickimin	Shetland	2
1:35.66	206	F	15/04/12	Alford Otters 3rd 100 Meet	Aberdeen	Shetland	2

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